



COUNTY OF YOLO

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Active Older Adult Book Group December 1

(Woodland, CA) – The Mary L. Stephens Davis Branch Library, located at 315 East 14th Street in Davis, welcomes readers to the Active Older Adult Book Group on Thursday, December 1, 11:00 a.m. to 12:30 p.m. in the Reading Garden.

“Join us at the Davis Branch Library to meet active older adults interested in reading and discussing books on aging,” said Yolo County Librarian Patty Wong.

The featured title for this month will be Zalman Schachter-Shalomi’s, *From Age-ing to Sage-ing: A Profound New Vision of Growing Older*. Schachter-Shalomi, a rabbi dreading retirement, realized that he must “recontextualize aging as the anticipated fulfillment of life, not its inevitable decline.” so he devised Spiritual Eldering – a social activism, awareness and mentoring program.

The active older adult book group shares resources on aging. Participants are welcome to bring materials they find helpful for aging with good health and a positive attitude, including having a healthy body and lifestyle, active mind and positive attitude.

No reservations are required. The Reading Garden of the Mary L. Stephens Davis Branch Library is accessible for persons with disabilities. Presented by the Yolo County Library, all programs free. For more information, contact Joan Tuss (530)757-5588 or joan.tuss@yolocounty.org.

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